

NEEDLE WORK

In the movies, people travel to the past via a time machine (or a DeLorean). In real life, the vehicle just might be injections. Leslie Baumann, professor of dermatology at the University of Miami and author of *The Skin Type Solution* (Bantam Trade Paperback), is a syringe superstar, having participated in study after study on injectables. Here, she discusses what she's learned about erasing lines and obliterating wrinkles.

What's the biggest misconception about injections? That there is one best filler. They all have characteristics that make them better for certain areas. I love CosmoPlast for the lining of the lips, Hylaform for the body of the lip, and Restylane for deeper nasolabial fold lines. **What's the latest in injectables?** Reloxin, the new Botox, will likely come out later this year. Early data shows it may last longer and kick in faster than Botox. It will be nice to have competition on the market—the Botox people (Allergan) raised their price another 8 percent this year!

How have you changed your approach to injections in the past few years? I now inject Sculptra first, a watery substance that causes your skin cells to make collagen, and then follow with a filler—hyaluronic acid or CosmoPlast. I love Sculptra because I mix it with lidocaine and epinephrine, which prevents pain and bruising. Over the next month, the Sculptra starts to really kick in, making new collagen—other injectables don't do that.

Are we approaching an era where people just won't have to look old? Not yet. I am getting close to 40 though, so let's hope there are more advances! The biggest issue I think is that we can do a lot for faces but not much for the neck. I do like the Titan laser for the neck—you can see immediate tightening of the skin, and I can use it on dark skin.

What parts of the body do people forget to protect? The arms, neck, chest, and hands. I noticed the other day that my feet are looking old because I don't think to put sunscreen on them, and in

Miami, I wear sandals a lot.

What's the most outlandish request you've had from a patient? One patient told me that she wanted her face to look like an egg—no movement and no wrinkles.

Have you had to talk patients down? Many times. I have lost patients because they want me to use too much Botox. Or I won't make their lips as big as they want. I think big lips are ridiculous. One patient referred to me as "Dr. No."

What do you think of that overinjected look? Women have forgotten what natural beauty is. The funny thing is, I don't think men have. I have never met a man who thought that over-Botoxed, space-alien look was attractive, but I have met women who do and want it.

Do you get injections yourself? I used to have my nurse inject me with CosmoPlast, but I gained ten pounds and that puffed out all my lines. I think I'd rather have the lines—they're easier to fix than the ten pounds! —INTERVIEW BY LINDSY VAN GELDER

DAMAGE CONTROL

As a dermatologist in the sun-worshipping town of Virginia Beach, David McDaniel deals with environmental damage every day. But as a researcher who conducted clinical trials on breakthrough antioxidants such as idebenone and coffeeberry extract at the Institute of Anti-Aging Research, he's also wise about the steps we can take to protect ourselves from premature aging.

How much of skin aging is in our control? Your body is bombarded daily with environmental stressors—sun, pollution, ozone—that cause it to degrade



COUNTER CULTURE

Doctors' Orders

TOP SKIN MDs TOUT THE TREATMENTS THEY SWEAR BY. WHAT LIVES UP TO THE HYPE AND WHAT'S JUST HIGH HOPES? BY NICOLE CATANESE

	ELIZABETH TANZI, MD <i>Washington, DC</i>	LESLIE BAUMANN, MD <i>Miami</i>	STEVEN H. DAYAN, MD <i>Chicago</i>	MACRENE ALEXIADES-ARMENAKAS, MD, PhD, N/C
MOST REQUESTED	"Fraxel, a laser that erases wrinkles and photo damage on the face and neck. It bores tiny holes in the skin to stimulate collagen production. As skin heals, thin scabs form and peel away in a few days."	"Intense Pulsed Light [IPL]. It's the greatest invention for correcting brown spots and broken capillaries. After three to five visits, an annual touch-up will extend the results, even if you live in sunny Miami."	"Botox is still No. 1, though I'm using it differently. With strategic injections and just the right amount, I can shape the face—open up the mouth area, widen the eyes—not only remove wrinkles."	"Skin-tightening radio-frequency devices such as Accent and ReFirm cause immediate collagen contractions. The face can look 10 years younger after one treatment."
CURRENT FAVORITE	"The fractional CO ₂ laser for pigmentation, acne, and fine lines. It's like a more powerful Fraxel and doesn't remove the skin's surface like past procedures. You'll have to take a week off work to heal, though."	"Myobloc, a type-B botulinum toxin, has been around, but docs rarely use it between the brows. It lasts about six weeks, so it's an ideal short-term fix or a way to test out Botox."	"Perlane. This hyaluronic acid filler recently got FDA approval for the nasolabial folds, but I use it to add volume to cheeks and chin, too. The larger particles have more volumizing power than Restylane."	"Fibroblast fillers. Skin cells are removed from patients via behind-the-ear biopsy, then injected into their faces. Even if only a few cells survive, there's a long-term boost to the skin's collagen-making ability."
BEST BUYS	"DermAvance Hyalogly P-effect night cream (\$100) uses nanotechnology to deliver ceramides, which are skin-firming lipids, and hyaluronic acid, a mega-moisturizer."	"Philosophy Help Me retinol night treatment (\$45) is less potent than a prescription retinoid but can diminish fine lines just as effectively over time."	"My patients love DermaQuest Peptide Mobilizer serum (\$188). It contains Argireline to lessen muscle contractions and Matrixyl to stimulate collagen."	"I consult for L'Oréal Paris and recommend their Skin Genesis moisturizer (\$25). I've always dreamed of getting hyaluronic acid in the skin without a needle."
RISKY BUSINESS	"More studies are needed on mesotherapy—shallow injections of solutions said to break apart fat cells. The cocktails aren't well regulated, so detergents and steroids can be added, leading to discoloration and scarring."	"Patients seeing unlicensed doctors for low-priced injectables. Black-market Botox may contain harmful additives like gelatin from cows. Restylane, when not stored properly, can cause severe inflammation."	"Thermage. Initially, doctors used this skin-tightening device with high heat and some injuries were reported. Now we use less energy, but I'm still unsure of its reliability."	"Semipermanent fillers such as Radiesse. They carry a small risk of forming scar tissue. The body recognizes them as foreign objects, and red bumps can form on the skin several months later."
COMING ATTRACTIONS	"Creams that contain natural and man-made enzymes to reverse DNA damage. Early studies show that when applied post-sun, they can immediately repair cells and possibly prevent skin cancer."	"I can't wait to use Reloxin, known in Europe as Dysport. This Botox alternative will be available in the U.S. next year. Effects last a month longer than Botox and, hopefully, it will cost less."	"GFX, a radio-frequency device that could replace Botox. Heat paralyzes the sole nerve that triggers movement of the muscle that forms the '11' lines. My one question is, Will the nerve regenerate?"	"Science is making great strides in body-sculpting and anticellulite devices. FDA approval is far off, but studies show ultrasound technology can target fatty areas and make skin appear smoother."